# Coeliac disease remains undiagnosed in over 60% of UK sufferers, reveals new report



A recent report highlights a significant gap in the diagnosis of coeliac disease in the United Kingdom, where it is estimated that only 36 per cent of individuals with the autoimmune condition are currently medically recognised. This statistic suggests that thousands of people are living with unexplained symptoms, including fatigue, stomach pain, and neurological issues, potentially attributed to the disease.

Rebecca Adlington OBE, a former Olympic swimmer, was diagnosed with coeliac disease in 2024 after enduring debilitating symptoms that profoundly impacted her life. "The tiredness affected both my personal and professional life as I didn’t feel as productive or have enough energy like other people," she stated, illustrating the daily challenges faced by those who remain undiagnosed.

Coeliac disease is known to affect approximately one in 100 people in the UK, yet many individuals continue to suffer without appropriate medical intervention. The reported symptoms can range widely, complicating the path to diagnosis. As a result, Coeliac UK, a charitable organisation dedicated to supporting those with the condition, is encouraging individuals to consider whether they may be affected by the disease. They are promoting a free online self-assessment as a starting point for those battling unexplained health issues.

Hilary Croft, the CEO of Coeliac UK, emphasised the transformative impact of receiving a proper diagnosis. She mentioned that "for those battling with unexplained symptoms, a coeliac disease diagnosis can be life-changing." The condition is managed through a lifelong commitment to a strict gluten-free diet, a process that can significantly improve the quality of life for those affected.

For those seeking further information, additional resources are available on Coeliac UK's website, providing guidance on symptoms, diagnosis, and management strategies. The urgency surrounding increased awareness and diagnosis remains critical as many continue to live with uncertainty regarding their health.

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.coeliac.org.uk/do-i-have-coeliac-disease/> - Coeliac UK reports that only 36% of individuals with coeliac disease in the UK are diagnosed, leaving an estimated 500,000 people undiagnosed.
2. <https://www.coeliac.org.uk/information-and-support/coeliac-disease/getting-diagnosed/screening-for-coeliac-disease/> - Coeliac UK emphasizes the importance of screening for coeliac disease, especially for close relatives of those diagnosed, even if they have no symptoms.
3. <https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/what-are-coeliac-disease-symptoms/check-your-symptoms/> - Coeliac UK provides a free online self-assessment to help individuals determine if they should be tested for coeliac disease.
4. <https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/what-are-coeliac-disease-symptoms/check-your-symptoms/> - Coeliac UK lists common symptoms of coeliac disease, including severe or occasional diarrhoea, excessive wind, and persistent or unexplained nausea and vomiting.
5. <https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/what-are-coeliac-disease-symptoms/check-your-symptoms/> - Coeliac UK highlights that the mean duration of symptoms before formal diagnosis of coeliac disease is 13 years, which may be attributed to the wide-ranging symptoms and lack of awareness.
6. <https://www.coeliac.org.uk/information-and-support/coeliac-disease/about-coeliac-disease/what-are-coeliac-disease-symptoms/check-your-symptoms/> - Coeliac UK emphasizes the importance of screening for coeliac disease, especially for close relatives of those diagnosed, even if they have no symptoms.
7. <https://www.southwalesargus.co.uk/news/25130900.around-20-000-people-wales-missing-diagnosis/?ref=rss> - Please view link - unable to able to access data